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**Individual
Recipes
in use at
Brexel Institute**



SEVENTH EDITION

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With love to one who
made us many good
things to eat - E. G. H.
INDIVIDUAL RECIPES

IN USE
AT

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By

HELEN M. SPRING

Seventh Edition

PHILADELPHIA
THE JOHN C. WINSTON COMPANY
1907

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General Directions.

The food materials in these recipes are measured level.

The cups used in measuring hold one-half pint.

Flour should be sifted before it is measured. In recipes where a portion of an egg is required the egg should be first beaten.

Dishes should be tasted before being served and more seasoning added, if desired.

Many of these recipes may be cooked in a chafing-dish.

The following list of utensils is suggested for the use of nurses:

1 double boiler (pint size), or	Measuring cup.
2 saucepans, No. 9 and No. 10, covers for both.	Small wooden spoon.
Strainer (bowl size).	Egg whip.
	Lemon squeezer.
	Lemonade shaker.
	Pieces of cheese cloth.

c.—Cup.

tbsp.—Tablespoon.

tsp.—Teaspoon.

Beverages.

LEMONADE.

Juice of 1 lemon, or	3 tbsp. sugar.
3 tbsp. lemon juice.	1 c. water.

Dissolve sugar in lemon juice; add ice water and shaved ice if desired.

ORANGEADE.

Rind of 1 sour orange.	1 tbsp. sugar.
1 c. boiling water.	Juice of 1 orange.

Cut the yellow rind carefully from the orange and pour the boiling water over it. Add the sugar and juice, then strain. One teaspoonful of lemon juice may be added if desired. Chill before serving.

APPLE WATER.

2 baked apples. 1 c. boiling water.

'Pour the boiling water over the apples; strain and sweeten. Serve cold.

TAMARIND WATER.

2 tbsp. preserved | 1 c. boiling water.
tamarinds.

Pour the water over the tamarinds and let them stand one-half hour. Strain and serve cold.

CURRENT JUICE.

$\frac{1}{4}$ c. currant juice or 1 tbsp. currant jelly.	1 c. cold water (or hot water if jelly is used).
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Sugar to taste.

Mix the juice or jelly and water and add sugar to sweeten.

GRAPE JUICE.

$\frac{3}{4}$ c. grapes.

2 tsp. sugar.

Pick Concord grapes from the stem. Wash and heat them, stirring all the time. When broken, pour into a jelly bag and press slightly. Add sugar and cook the juice and sugar until they boil. Pour into a hot bottle, cork and seal with paraffin, or equal parts of shoemaker's wax and resin melted together. Less sugar may be used.

Serve with shaved ice and a few drops of lemon juice if desired.

CRANBERRY JUICE.

1 c. cranberries.

1 c. water.

Sugar.

Pick over and wash the cranberries; cook them with the water until soft, strain through cheese-cloth; measure the juice and allow one-half as much sugar, add to juice and boil one minute. Pour into a hot bottle and seal immediately.

TEA.

$\frac{1}{2}$ tsp. Ceylon or 1 | 1 c. boiling water.
tsp. Oolong tea. |

Heat a cup or small teapot. Place the tea in it and pour freshly boiled water over it; steep a few minutes and strain. It may be served hot or cooled and iced. A slice of lemon may be served in each cup.

FILTERED COFFEE.

2 tbsp. finely ground | $\frac{2}{3}$ c. boiling water.
coffee. |

Put a piece of filter paper in a strainer and place the coffee in it. Hold the strainer over a hot coffee cup and pour the boiling water slowly over the coffee. The cup must be kept

in a hot place while the coffee is made. One-half of this quantity may be used for class work.

BOILED COFFEE.

2 tbsp. coffee.	Small pieces of egg
1 tbsp. cold water.	shell.
$\frac{1}{2}$ tsp. white of egg.	$\frac{2}{3}$ c. boiling water.
	1 tsp. cold water.

Heat the coffee pot.

Mix the coffee with the cold water, white of egg and shell. Add the boiling water. Boil three minutes, remove to the back of the stove. Pour out a small quantity of the coffee and return it to the pot. Add the teaspoonful of cold water and settle two minutes.

CEREAL COFFEE.

3 tbsp. cereal coffee.	1 tbsp. cold water.
	1 c. boiling water.

Mix the coffee with the cold water, add the boiling water; boil twenty minutes; settle five minutes and serve very hot.

CHOCOLATE.

$\frac{1}{4}$ oz. chocolate.	$\frac{1}{2}$ c. hot milk or half
$\frac{1}{2}$ tbsp. sugar.	milk and half wa-
	ter.

Melt the chocolate over hot water, add the sugar and the milk gradually. Bring to the boiling point and beat well; then serve. One-half this quantity may be used for class work.

COCOA.

$\frac{1}{2}$ tbsp. cocoa.	$\frac{1}{4}$ c. water.
1 tsp. sugar.	$\frac{1}{2}$ c. milk.

Mix the cocoa and sugar, add the cold water and boil directly over the fire three minutes. Then stir into the hot milk and cook five minutes over hot water. One-half this quantity may be used for class work.

PASTEURIZED MILK.

Fill sterile bottles or jars nearly full of milk, cork them with baked cotton, place on rings in a deep pan and fill with cold water so that the water may be as high outside the jars as the milk is inside, place the pan over the fire and heat until small bubbles appear around the top of the milk (about 155 degrees Fahr.), remove to the back of the fire and allow the bottles to stand there fifteen minutes, then displace the hot water with cold water to reduce the temperature as quickly as possible, and when milk is cold remove the bottles from the water and keep in a cold place.

PLAIN ALBUMEN.

White of 1 egg.

Beat the white of the egg until slightly foamy, allow it to stand in a cold place until the liquid separates from the foam. Remove the foam and serve the liquid albumen. Salt may be added if desired.

ALBUMENIZED MILK.

White of 1 egg. $\frac{1}{8}$ c. lime water.
 $\frac{1}{2}$ c. milk.

Place all the ingredients in a covered glass jar, shake until thoroughly blended, then strain. It may be sweetened and flavored. Serve immediately.

ALBUMENIZED WATER.

White of 1 egg. | 1 tsp. lemon juice.
 $\frac{1}{2}$ c. water. | 1 tsp. sugar.

Place all the ingredients in a covered glass jar, shake until thoroughly blended. Strain and serve.

ALBUMENIZED ORANGE JUICE.

White of 1 egg. Juice of 1 orange.
1 tbsp. sugar.

Place all the ingredients in a covered glass jar, shake until thoroughly blended. Strain and serve.

WINE WHEY.

1 c. milk. $\frac{1}{2}$ c. sherry wine.
2 tsp. sugar.

Pour the wine into the hot milk and cook over boiling water about five minutes, or until the curd separates from the whey. Strain through double cheese-cloth and sweeten. Serve hot or cold.

LEMON WHEY.

1 c. milk. 3 tbsp. lemon juice.
2 tsp. sugar.

Prepare in the same manner as wine whey.

MILK PUNCH.

1 c. milk. $\frac{1}{2}$ tbsp. sugar.
1 tbsp. rum or brandy.

Place all the ingredients in a covered glass jar, shake until thoroughly blended.

COLD EGG-NOG.

1 egg.	1 c. milk.
1 tbsp. sugar.	1 tbsp. brandy.

Beat the egg, add the sugar, then the milk and brandy.

HOT EGG-NOG.

Yolk of 1 egg.	$\frac{1}{2}$ c. hot milk.
2 tsp. sugar.	Nutmeg, or 1 tbsp. brandy or wine

Beat the egg, add the sugar, pour the hot milk over them, strain, and flavor as desired.

EGG BROTH.

1 egg.	Salt.
$\frac{1}{2}$ tsp. sugar.	1 c. hot milk.

Beat the egg, add the sugar and salt, pour the hot milk over them and serve immediately. Hot water, broth, soup, or tea, may be used instead of the milk.

MULLED WINE.

$\frac{1}{4}$ c. hot water.	Small piece of nut-
$\frac{1}{2}$ in. cinnamon.	meg.
2 cloves.	$\frac{1}{2}$ c. port (heated).
	2 tbsp. sugar.

Cook all the ingredients except wine and sugar for ten minutes, then add wine and sugar and serve very hot. Strain.

RENNET.

$\frac{1}{2}$ c. milk.	1 tsp. sugar.
5 drops vanilla	$\frac{1}{2}$ tsp. liquid rennet.

Heat the milk until lukewarm, add the sugar and vanilla and stir until the sugar is dissolved, add the rennet, and pour into a glass dish, leave until firm in a moderately warm place, then put in refrigerator; sprinkle with cinnamon or nutmeg, and serve with cream.

RENNET WHEY.

1 c. milk.	1 tsp. rennet.
2 tsp. sugar.	

Heat the milk until lukewarm, add the sugar and stir until the sugar is dissolved, add the rennet, leave until firm in a moderately warm place; allow it to stand 20 minutes. Break the curd and strain through double cheese-cloth. Flavor if desired.

Cereals and Gruels.

GENERAL RULES.

Any cold mush may be thinned with cream, milk or water, to the consistency of a cream soup, and served as a gruel.

All cereal preparations, grains, meals or flours may be used for gruels; also plain crackers powdered.

Gruels must be thoroughly cooked, strained, seasoned and served very hot.

Gruels made with meal are made by pouring the meal into the boiling water. They should be cooked for three hours over boiling water. When gruels are made from flour, the flour must first be mixed to a smooth, thin paste with one-quarter cup cold water or milk, then stirred into the hot liquid. They should be cooked at least one hour.

A double boiler must be used for gruels made with milk.

Sugar, stick cinnamon, whole cloves, nutmeg, raisins, lemon rind, fruit juice, meat extracts, or stimulants may be used to flavor gruels.

CORN MEAL GRUEL.

1½ c. water. 1 tbsp. corn meal.
 ⅙ tsp. salt.

Pour the meal into the boiling salted water; cook directly over the heat fifteen minutes, stirring constantly, then over boiling water for three hours.

OATMEAL GRUEL.

1 c. liquid. 1 tbsp. avena.
 $\frac{1}{6}$ tsp. salt.

Pour the avena into the boiling salted water; cook directly over the heat fifteen minutes, stirring constantly, then over boiling water for one hour. If milk is used, the salt should be added just before serving.

GLUTEN GRUEL.

$1\frac{1}{4}$ c. water. | 1 tbsp. gluten flour.
 $\frac{1}{6}$ tsp. salt. | 1 clove.

Mix the gluten flour gradually with one-quarter cup cold water and stir into one cup boiling salted water; cook directly over the heat fifteen minutes, add the clove and cook over boiling water one-half hour.

MILK PORRIDGE.

$1\frac{1}{4}$ c. milk. | 2 raisins.
1 tbsp. flour. | $\frac{1}{4}$ tsp. salt.

Mix the flour gradually with one-quarter cup cold milk and stir into one cup hot milk; if raisins are used, cut them in quarters and cook with the porridge; it must be cooked over boiling water one hour. The salt should be added just before serving.

CRACKER GRUEL.

3 tbsp. powdered | $\frac{1}{2}$ c. milk.
cracker. | $\frac{1}{4}$ tsp. salt.
 $\frac{1}{2}$ c. boiling water. |

Add the powdered cracker to the milk and water, cook for ten minutes, add salt and serve. The flavor is improved if the crackers are browned before rolling.

CRANBERRY GRUEL.

$1\frac{1}{4}$ c. water.	1 tbsp. flour.
$\frac{1}{6}$ tsp. salt.	$\frac{3}{4}$ c. cranberries.
1 tbsp. sugar or more.	

Mix the flour gradually with one-quarter cup cold water and stir into one cup boiling salted water; cook directly over the heat fifteen minutes, then over boiling water thirty minutes, add the cranberries and cook ten minutes longer or until they become soft, add the sugar and when it dissolves press through a strainer and serve.

BLACKBERRY MUSH.

$1\frac{1}{4}$ c. water.	1 tbsp. flour.
$\frac{1}{6}$ tsp. salt.	1 c. blackberries.
1 tbsp. sugar or more.	

Prepare as for cranberry gruel; strain into a glass dish and serve very cold.

WHEATENA.

$1\frac{1}{4}$ c. boiling water.	$\frac{1}{6}$ tsp. salt.
2 tbsp. wheatena.	

Add the wheatena gradually to the boiling salted water. Cook it for ten minutes directly over the heat and then place it over boiling water for one-half hour.

Five dates may be cut into eighths and added to the wheatena ten minutes before it is taken from the fire.

AVENA.

1 c. water.	$\frac{1}{4}$ tsp. salt.
$\frac{1}{4}$ c. avena.	

Pour the avena into the boiling salted water; cook directly over the heat for ten minutes, then over boiling water for one hour.

GLUTEN MUSH.

$1\frac{1}{2}$ c. boiling water. | $\frac{1}{2}$ c. cold water.
 $\frac{1}{2}$ tsp. salt. | $\frac{1}{3}$ c. gluten flour.

Add the cold water gradually to the flour, then pour through a strainer into the boiling salted water; cook thirty minutes, stirring frequently; strain.

STEAMED RICE.

$\frac{1}{4}$ c. boiling water. $\frac{1}{8}$ tsp. salt.
1 tbsp. rice.

Rice must be carefully picked over and washed thoroughly. Put rice, water and salt into a bowl, place it in a steamer, over rapidly boiling water. Cook until the rice is soft, from three-quarters to one hour.

BOILED RICE.

$1\frac{1}{2}$ c. boiling water. $\frac{1}{3}$ tsp. salt.
1 tbsp. rice.

Rice must be carefully picked over and washed thoroughly. Add it gradually to the boiling salted water, so that the water will not stop boiling. Partly cover and cook twenty minutes, or until the grains are soft; turn into a colander to drain, then allow rice to dry for five minutes in the oven with door open.

Broths and Soups.

BEEF JUICE.

Take a slice of the round of beef and heat it a few seconds over a clear fire. Cut the meat into small pieces, and press out the juice, using a lemon squeezer or meat press. The press should be heated. Season with salt and serve in a colored wine-glass.

CLAM AND OYSTER JUICE.

Wash the clams or oysters and remove all bits of shell; cut them into several pieces, and heat a few minutes in their juice. Strain through muslin. Serve while hot. Great care must be taken in straining that sand does not pass through the muslin.

These juices may be diluted with an equal quantity of boiling water. They may be frozen.

CLAM BROTH.

3 large clams (in shell). $\frac{1}{2}$ c. water.

Wash the clams thoroughly with a brush, and place them, with the water, over the fire. As soon as the shells open, the broth is done. Strain through muslin and serve.

BEEF BROTH.

$\frac{1}{2}$ c. or $\frac{1}{4}$ lb. lean beef. $\frac{1}{2}$ c. cold water.

Chop the meat very fine and soak it in the cold water one hour or longer; put it in a saucepan, surrounded by lukewarm water and cook until it has become a reddish brown, stirring all

the time. (A small rack should be placed under the saucepan.) Remove from the fire, pour through a coarse strainer into a hot cup, season, and serve hot. One-half this quantity may be used for class work.

PEPTONIZED BEEF BROTH.

$\frac{1}{4}$ lb. beef.	$\frac{1}{4}$ tube of pept. powder.
$\frac{1}{2}$ c. water.	$\frac{1}{2}$ c. water.

Wipe and chop lean beef, add half a cup water and cook over gentle heat until it boils, stirring constantly. Pour off the liquid, rub the meat to a paste and add this to the liquid. Into a clean jar put one-quarter of the powder in a Fairchild peptonizing tube with one-half cup cold water. Mix thoroughly. Add the broth and shake well together. Set aside in a warm place (115 degrees F.) for three hours, then boil quickly, strain and season. One-half this quantity may be used for class work.

CREAM OF POTATO SOUP.

$\frac{1}{2}$ c. potato.	Yolk of $\frac{1}{2}$ egg.
$\frac{1}{2}$ c. milk (heated.)	$\frac{1}{8}$ tsp. salt.
1 tbsp. cream.	Pepper.
Celery salt or onion juice.	

Cook the potatoes until soft, drain, mash, add the milk and cream, and strain; add this to the beaten yolk, and add seasoning. Cook in a double boiler until the egg thickens, stirring constantly. Serve immediately.

The following soups are thickened by cooking together the butter, flour

and liquid as in making White Sauce for vegetables (p. 19). This prevents a separation of the thicker and thinner parts of the soup.

CREAM OF TOMATO SOUP.

$\frac{3}{8}$ c. strained to- matoes.	$\frac{1}{2}$ tbsp. flour.
$\frac{1}{3}$ tsp. soda.	$\frac{1}{4}$ tsp. salt.
$\frac{1}{2}$ tbsp. butter	White pepper.
	$\frac{1}{2}$ c. milk (heated).

Stew $\frac{3}{4}$ c. to 1 c. of tomatoes slowly 15 minutes, strain, measure $\frac{3}{8}$ c. and add soda while hot; make a white sauce and add the strained tomato. Serve immediately.

CREAM OF CELERY SOUP.

$\frac{1}{4}$ c. celery.	$\frac{1}{2}$ tbsp. butter.
$\frac{1}{2}$ c. water.	$\frac{1}{2}$ tbsp. flour.
$\frac{1}{4}$ c. milk (heated).	$\frac{1}{8}$ tsp. salt.
$\frac{1}{4}$ c. cream (heated)	White pepper.
$\frac{1}{8}$ tsp. onion juice.	

Cook the celery in the boiling water until very soft; strain and add the hot liquid; make a white sauce and cook until it is like thick cream.

POTATO SOUP.

$\frac{1}{2}$ c. potato.	$\frac{1}{8}$ tsp. salt.
$\frac{3}{4}$ c. milk (heated).	White pepper.
$\frac{1}{8}$ tsp. onion juice.	$\frac{1}{4}$ tsp. parsley, chop-
$\frac{1}{2}$ tsp. butter.	ped fine.
$\frac{1}{2}$ tsp. flour.	

Cook the potatoes until soft, drain, mash, add the hot milk and seasoning, strain, and use this to make a white sauce. Add the chopped parsley just before serving.

CORN SOUP.

$\frac{1}{4}$ can cornlet. $\frac{1}{2}$ c. water. 1 c. milk (heated). $\frac{1}{2}$ tbsp. butter.	$\frac{1}{2}$ tbsp. flour. $\frac{1}{3}$ tsp. salt White pepper. Yolk of $\frac{1}{2}$ egg.
$\frac{1}{8}$ tsp. onion juice.	

Cook the cornlet with the cold water ten minutes; make a white sauce, then add the cornlet and onion juice, strain and reheat. Beat the yolk of the egg, pour the soup slowly over, mix well and serve immediately. The egg may be omitted. Corn may be chopped fine and used instead of cornlet.

GREEN PEA SOUP.

$\frac{1}{4}$ can peas. 1 c. water. $\frac{1}{2}$ tbsp. butter. $\frac{1}{2}$ tbsp. flour.	$\frac{1}{8}$ tsp. salt. White pepper. $\frac{1}{4}$ tsp. sugar. $\frac{1}{2}$ c. milk or cream (heated).
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Wash the peas and cook them in the boiling water until soft, mash them with the water in which they were cooked, strain and add the remainder of the liquid; make a white sauce, and cook until it is like thick cream. If the peas are fresh some of the pods may be cooked with them.

OYSTER OR CLAM PURÉE.

6 clams or oysters. $\frac{1}{2}$ tbsp. butter. $\frac{1}{2}$ tbsp. flour.	$\frac{1}{2}$ c. milk (heated). 3 tbsp. juice. Pepper. Salt if need- ed.
4 drops Worcestershire sauce.	

Wash oysters or clams and remove siphon from clams. Cook them until the edges curl, and chop them very fine; make a white sauce, add the clams or

oysters and juice to it, and when hot strain and serve. If too thick, add more juice or milk. The Worcestershire sauce is often omitted; if used it is added just before the soup is strained.

OYSTER STEW.

$\frac{1}{4}$ c. milk.	Salt.
6 oysters.	1 tsp. butter.
	Pepper.

Heat the milk. Cook and strain the oyster juice. Add the oysters which have been rinsed and cook until the edges curl. Add seasoning, butter and hot milk. Serve at once.

This soup may be thickened with one teaspoonful flour cooked in the butter as for white sauce.

Vegetables.

GENERAL RULES.

Wash thoroughly, pare or scrape, if skins must be removed. Stand in cold water until cooked, to keep them crisp and to prevent their being discolored. Cook in boiling water; the water must be kept at the boiling point. Put one-quarter teaspoonful salt in one cup of water when the vegetables are partially cooked. The water in which vegetables are cooked is called vegetable stock.

Fresh green vegetables require less water than others.

Cabbage, cauliflower, onions and turnips should be cooked uncovered in a large amount of water.

All vegetables must be drained as soon as tender. Season with salt and pepper and serve hot with butter or sauce.

The color may be kept in green vegetables, as spinach, by pouring cold water through them after draining.

WHITE SAUCE FOR VEGETABLES.

1 tsp. butter.	White pepper.
1 tsp. flour.	$\frac{1}{8}$ c. milk (heated).
$\frac{1}{8}$ tsp. salt.	$\frac{1}{8}$ c. stock.

Heat the butter until melted and bubbling, add the flour mixed with the seasoning and stir until thoroughly blended; add the hot liquid gradually, stirring each portion until well mixed and perfectly smooth. Remove from the fire as soon as the boiling point is again reached.

One-third cup of any vegetable may be cooked in boiling water and served in this sauce. Cut turnips and carrots into dice, and celery into inch pieces. The water in which potatoes are cooked should not be used in a sauce.

BAKED POTATOES.

Select potatoes of uniform size. Bake them on the grate in a hot oven forty-five to sixty minutes. When soft, break the skin immediately to allow the steam to escape, and serve uncovered.

STUFFED POTATO.

1 tsp. butter.	1/8 tsp. salt.
1/2 tbsp. hot milk.	Pepper.
1 baked potato.	

Cut the potato in half, lengthwise; then without breaking the skin remove the inside; mash, season and return to shells; place in a pan in a hot oven for ten minutes or until light brown.

BOILED POTATO.

Cook in boiling water. When tender, drain, shake gently and dry at the back of the stove with the saucepan uncovered, or with a cloth folded over the top to absorb the moisture. It may be put through a ricer.

MASHED POTATO.

Drain and mash one boiled potato in the saucepan in which it was cooked, with a fork. Beat until light and creamy. Add two teaspoonfuls hot milk and one-half teaspoonful butter; season and beat.

Prepare mashed turnip in the same manner, without the milk.

CREAMED POTATOES.

$\frac{1}{2}$ c. cold potato (cut in dice).	$\frac{1}{2}$ tbsp. butter.
3 tbsp. milk.	$\frac{1}{8}$ tsp. salt.
$\frac{1}{8}$ tsp. chopped parsley.	White pepper.

Place all of the ingredients in a half-pint saucepan and cook slowly until most of the milk is absorbed.

LYONNAISE POTATOES.

$\frac{1}{2}$ tbsp. butter.	$\frac{1}{4}$ tbsp. chopped pars-
$\frac{1}{4}$ tbsp. onion.	ley.
$\frac{1}{2}$ c. cold potato.	Pepper.
$\frac{1}{8}$ tsp. salt.	

Put the butter in a frying pan and when hot add the onion. Cook until a light brown, then add the potatoes which have been seasoned with the salt and pepper, and stir carefully until brown. Add the parsley before serving.

STUFFED TOMATO.

1 ripe tomato (medium size).	1 tsp. butter.
$\frac{1}{3}$ c. stale bread crumbs.	$\frac{1}{8}$ tsp salt.
	Pepper.
	$\frac{1}{8}$ tsp. sweet herbs.

Remove the top of the tomato and most of the soft inside. Melt the butter and add the seasonings and crumbs. Fill the tomato with the mixture and bake slowly about 30 minutes or until the tomato is soft and the crumbs are brown.

NOODLES.

$\frac{1}{4}$ egg. Flour.

Beat the egg slightly, then add flour to make a very stiff dough. Knead the dough until smooth. Roll very thin, and when partially dry cut in thin strips. When dry place in a closely

NOODLES WITH CHEESE.

Sauce.

The same amount of macaroni may be used with this sauce.

$\frac{1}{2}$ c. cooked rice.	$\frac{1}{8}$ tsp. salt.
$\frac{1}{2}$ tbsp. milk.	White pepper.
$\frac{1}{4}$ egg.	Cayenne.
$\frac{1}{2}$ tbsp. butter.	1 tsp. chopped pars- ley.

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Eggs.

Wash eggs as soon as brought from the store. They are fresh if they sink to the bottom of a pan of water; a stale egg rises in the water.

They should be kept in a cool place.

The yolk of an egg may be kept from hardening by covering it with cold water if unbroken, or with paraffine paper.

SOFT COOKED EGGS.

Place the egg in one pint boiling water, remove from the fire, cover and allow it to stand from five to eight minutes.

HARD COOKED EGGS.

Place the egg in cold water, cover, and heat slowly to the boiling point. Remove from the fire and allow it to stand twenty minutes on the back of the range; then put into cold water.

POACHED EGG.

Break the egg into a saucer, slip the egg into boiling water, cover, remove to cooler part of the fire, and cook five minutes or until white is firm, and a film has formed over the yolk. Take up with a skimmer, drain, trim off the rough edges, and serve on a slice of toast. Season.

OMELET.

1 egg.	White pepper.
$\frac{1}{16}$ tsp. salt.	1 tbsp. milk.
$\frac{1}{2}$ tsp. butter.	

Beat the yolk of the egg until light and creamy, add the seasoning and milk; beat the white until stiff, but not dry, cut it into the yolk; heat an omelet pan and rub it all over with the butter, turn in the omelet, spread it evenly on the pan. When the omelet is set put it into a hot oven for a few minutes to dry slightly on top, fold and serve immediately.

OMELET SOUFFLÉ.

$\frac{1}{2}$ tbsp. butter.	Pepper.
$\frac{1}{2}$ tbsp. flour.	$\frac{1}{4}$ c. milk.
$\frac{1}{8}$ tsp. salt.	1 egg.

Make a white sauce; separate the yolk and white of the egg, and beat them until light; when white sauce is cool add the yolk, and cut in the white. Place in a small buttered dish and bake in a pan of hot water until light brown.

CREAMY OMELET.

1 egg.	$\frac{1}{8}$ tsp. salt.
1 tbsp. milk.	Pepper.
$\frac{1}{2}$ tsp. butter.	

Beat egg slightly, add milk and seasonings; put butter in hot omelet pan, when melted turn in the mixture; as it cooks draw the edges toward the centre with a knife until the whole is of a creamy consistency. Place on hotter part of range that it may brown quickly underneath; fold and turn on hot platter.

BREAD OMELET.

2 tbsp. bread crumbs.	2 tbsp. milk.
$\frac{1}{16}$ tsp. salt.	1 egg.
Pepper.	$\frac{1}{2}$ tsp. butter.

Soak the bread crumbs in the milk for fifteen minutes, then add the salt

and pepper. Separate the yolk and white of the egg and beat until light. Add the yolk to the bread and milk and cut in the white. Cook as a plain omelet.

ORANGE OMELET.

Rind of $\frac{1}{3}$ of orange	1 tbsp. orange juice.
1 egg.	2 tsp. powd. sugar.
	$\frac{1}{2}$ tsp. butter.

Beat the yolk of the egg and add the orange rind and juice. Add the sugar. Fold in the beaten white and cook as a plain omelet. Fold the omelet. Sprinkle thickly with powdered sugar. Score with a clean red-hot poker.

CREAMY EGG.

1 egg.	$\frac{1}{2}$ tbsp. butter.
$\frac{1}{4}$ c. hot milk.	Pepper.
$\frac{1}{4}$ tsp. salt.	Toast.

Beat the egg slightly, add the butter and seasoning. Pour the milk over the egg and cook in a double boiler. As it thickens scrape it away slowly with a spoon. Continue in this way until only a small amount of liquid remains. If overheated it will curdle. Serve on toast.

EGG VERMICELLI.

1 hard cooked egg.	Salt.
1 tsp. butter.	Pepper.
1 tsp. flour.	$\frac{1}{3}$ c. cream or milk.
	Toast.

Separate the yolk and white of the egg and chop the white. Keep the yolk warm. Make a white sauce of the remaining ingredients. Add the white to the sauce, heat thoroughly, and pour the mixture upon the toast. Press the yolk over the whole through a strainer,

and garnish with toast points and parsley. Both white and yolk may be mixed with the sauce.

BAKED EGG.

Butter slightly a saucer or small shallow dish, slip into this one or two eggs, being careful not to break the yolk. Place the dish in a pan of boiling water and cook in the oven until the white is set, season with salt and serve.

A Shirred Egg is prepared in the same manner and cooked on top of the range instead of in the oven.

SAVORY CUSTARD.

$\frac{1}{8}$ c. milk.	$\frac{1}{8}$ tsp. beef extract.
$\frac{1}{8}$ c. water.	$\frac{1}{8}$ tsp. salt.
$\frac{1}{3}$ egg.	

Dissolve the extract in the hot water, add the hot milk and salt, add this to the beaten egg. Strain and steam over hot water until firm.

Meat and Fish.

BROILING.

Wipe and remove extra fat from meat. Grease the broiler with some of the fat. Broil over a clear fire; sear and then turn every ten seconds. To be somewhat rare, chops one inch thick should be cooked five minutes, and a steak two inches thick should be cooked ten minutes. Season and serve on a hot platter.

PAN-BROILING.

Remove most of the fat from the meat. Heat a frying-pan very hot, and rub a little fat over it to grease it. Sear the meat on both sides, then cook more slowly until done. Season. Stand chops up on edge to brown. Keep the pan free from fat. The time for pan-broiling is the same as for broiling.

A chop may be folded in buttered paper and broiled or pan-broiled four to six minutes. Season and serve.

HAMBURG STEAK.

2 tbsp. scraped beef.	$\frac{1}{8}$ tsp. chopped pars- ley. Pepper.
$\frac{1}{6}$ tsp. salt.	
$\frac{1}{8}$ tsp. onion juice.	

Scrape the meat from the connective tissue with a dull knife and mix the seasoning with it. Form into a cake and broil or pan-broil.

BEEF STEW.

$\frac{3}{8}$ c. meat.	1 tbsp. potato.
1 slice onion.	$\frac{1}{2}$ tsp. salt.
1 tbsp. turnip.	Pepper.
1 tbsp. carrot.	$\frac{1}{2}$ tbsp. flour.
1 $\frac{1}{2}$ c. water.	

Season one tablespoonful of meat, roll in flour and brown in the beef fat. Soak remainder of meat in the water 30 minutes and cook slowly in a covered saucepan one and a half hours. Add vegetables at end of three-quarters of an hour. Moisten the flour with a little cold water and add with potato 20 minutes before stew is done. All the vegetables must be cooked until they are soft.

VEAL CUTLET.

1 cutlet, breaded.

Brown the cutlet, using one-quarter tablespoonful of butter.

Sauce.

$\frac{1}{4}$ tbsp. butter.	$\frac{1}{2}$ c. stock or water.
$\frac{1}{2}$ tbsp. flour.	$\frac{1}{4}$ tsp. Worcester-
$\frac{1}{8}$ tsp. salt.	shire sauce.
$\frac{1}{4}$ tbsp. chopped parsley.	

Prepare as a brown sauce, and pour over the cutlet, cover and cook at a low temperature until very tender.

RAW SANDWICHES.

Scrape the beef very fine. Season with salt, and pepper if allowed. Spread this mixture on thin slices of bread, from which the crusts have been removed. Put the slices together and cut into small squares or triangles; these may be toasted.

SQUAB IN PAPER.

Singe, remove the pin feathers, head, feet, tips of wings and crop, split through the back; clean and wipe inside and out with a damp cloth. Fold in a buttered paper, place in a pan and bake in a hot oven for twenty-five to forty minutes. It should be turned frequently while cooking. It may be broiled over the coals in fifteen minutes.

REED BIRD.

Pick, singe and draw the bird. Remove the head, tips of the wings, and the feet; then wipe it. Put one-half teaspoonful of butter in a pan or chafing dish and when hot put in the bird and cook until brown, turning frequently. Season with salt and pepper. Serve on toast or a canape and garnish with cress or celery tips.

BAKED REED BIRD.

Prepare the bird as directed above and put in a small baking pan. Bake in a hot oven for ten or fifteen minutes. Baste occasionally.

The bird may be wrapped in a slice of bacon before baking.

In preparing dishes from meat which has been already cooked all gristle and fat must be removed. Meat should be chopped fine or cut into small pieces. It should be seasoned with salt, pepper and other seasonings, as desired.

Water in which the meat has been cooked, stock or any other liquid may be used for the sauces.

BROWNED HASH.

$\frac{1}{4}$ c. meat.	1 tbsp. fat.
$\frac{1}{2}$ c. mashed potato.	Salt and pepper.
1 tsp. boiling water, or more.	Onion juice. Chopped parsley.

Spread the mixture smoothly in a frying pan in which one-half of the fat has been heated. Cook over moderate heat so it will brown slowly and not burn. Cook from twenty to thirty minutes and do not stir. Fold like an omelet. One-half this quantity should be used for class work.

The same mixture may be made into one small cake three-quarter inch thick and browned in the same way.

SCALLOPED MEAT.

$\frac{1}{3}$ c. meat.	$\frac{1}{4}$ tsp. salt.
$\frac{1}{2}$ tbsp. fat.	Pepper.
$\frac{1}{2}$ tbsp. flour.	Onion juice or pars- ley.
$\frac{1}{4}$ c. hot milk or stock.	$\frac{1}{2}$ c. buttered crumbs.

Put a few of the crumbs in a baking-dish or buttered shell, mix the meat and sauce, and pour this into the dish, cover the top with the remainder of the crumbs and brown in a hot oven ten to fifteen minutes.

Cold fish may be shredded and used in the same way.

CASSEROLE OF RICE AND MEAT.

$\frac{1}{4}$ c. meat.	$\frac{1}{2}$ tsp. chopped pars- ley.
$\frac{1}{8}$ tsp. salt.	$\frac{1}{4}$ egg.
Pepper.	1 tbsp. fine crumbs.
$\frac{1}{8}$ tsp. onion juice.	$\frac{1}{2}$ c. cooked rice.

Season the meat and mix with the crumbs and beaten egg, add enough stock to make it pack easily. Line a

small buttered mould with rice, fill with the meat, cover with the remainder of the rice, cover tightly and steam thirty minutes. Serve with tomato sauce.

HASH ON TOAST.

1 slice of toast.	$\frac{1}{8}$ tsp. Worcester-
Toast points.	shire sauce.
$\frac{1}{4}$ c. cooked potato,	$\frac{1}{2}$ tbsp. butter.
cut in dice.	$\frac{1}{2}$ tbsp. flour.
$\frac{3}{8}$ c. meat, cut in	$\frac{1}{8}$ tsp. salt.
dice.	Pepper.
	$\frac{1}{2}$ c. stock or water.

Make a brown sauce, heat the meat and potatoes in it, and serve on the toast. Garnish with parsley and toast points.

SWEETBREADS.

Put them into cold water for ten minutes. Parboil fifteen minutes in hot salted water, then place in cold water. Remove the skin and membranes. The sweetbreads may be served with a cream or milk sauce, or broiled.

SWEETBREAD PATTY.

$\frac{1}{8}$ c. of sweetbread	$\frac{1}{4}$ tbsp. flour.
(2 tbsp.).	$\frac{1}{6}$ c. cream.
3 canned mushrooms.	$\frac{1}{16}$ tsp. salt.
$\frac{1}{4}$ tbsp. butter.	White pepper.
	Cayenne.

Cut the sweetbread into small pieces and chop the mushrooms fine. Make a sauce and add the sweetbreads and mushrooms to it; when hot serve in a patty dish. They may be prepared by using twice as much of the sweetbread and omitting the mushrooms. This fills one patty dish.

BREADED MUTTON CUTLET.

2 French chops, cut thin.	$\frac{1}{8}$ tsp. salt.
$\frac{1}{4}$ tbsp. butter.	Cayenne.
1 tbsp. flour.	$\frac{1}{4}$ c. cream or milk.
	1 tbsp. chopped ham.

Make a white sauce, add the ham, and set aside to cool. Broil the chops, season and cover both sides with the mixture. Allow them to stand on a buttered plate until firm, then dip in egg and crumbs and cook in deep fat until brown. Serve with tomato sauce.

CHICKEN CROQUETTE.

$\frac{1}{3}$ c. chicken.	Pepper and cayenne.
$\frac{1}{8}$ tsp. salt.	Celery salt.
$\frac{1}{4}$ tsp. lemon juice.	4 drops onion juice.

Chop the chicken very fine and season.

Sauce.

$\frac{1}{4}$ c. cream or milk.	1 tsp. butter.
1 tbsp. flour.	

Make a sauce, add chicken, cool and shape. Dip in seasoned crumbs, then in beaten egg, to which one tablespoonful water has been added, then in crumbs again and cook in smoking fat until brown. Drain on soft brown paper.

BROILED FISH.

Cleanse the fish with a cloth wet in salt and water. Rub a little butter over white fish. Grease the broiler. The flesh side is broiled first. The time for broiling varies with the thickness of the fish. When fish is cooked, it separates from the bone and flakes easily. Remove carefully to a heated platter, season and garnish.

HOLLANDAISE SAUCE.

2 tbsp. ($\frac{1}{8}$ c.) butter.	$\frac{1}{16}$ tsp. salt.
$\frac{1}{2}$ yolk of egg.	Cayenne.
1 tsp. lemon juice.	$\frac{1}{8}$ c. boiling water.

Cream the butter, add the egg, and beat well; then add the lemon juice, salt and pepper. A short time before serving, add the boiling water. Place the bowl over boiling water, and stir until the mixture is of the consistency of custard. Serve immediately.

SCALLOPED FISH.

$\frac{1}{4}$ c. halibut	or	$\frac{1}{4}$ c. sauce.
other white fish.		$\frac{1}{2}$ c. buttered crumbs.

Sauce.

$\frac{1}{2}$ tbsp. butter.	Salt and pepper.
$\frac{1}{2}$ tbsp. flour.	$\frac{1}{4}$ c. milk.

Parsley may be added if desired.

Flake the fish, and season with salt and pepper. Butter a shell and sprinkle with some of the crumbs. Add the fish and then the sauce. Cover with the remaining crumbs and bake until brown.

FISH SOUFFLÉ.

$\frac{1}{2}$ tbsp. butter.	4 drops onion juice.
$\frac{1}{2}$ tbsp. flour.	$\frac{1}{4}$ c. milk.
$\frac{1}{8}$ tsp. salt.	$\frac{1}{2}$ tsp. parsley.
Pepper.	$\frac{1}{4}$ c. shredded fish.
	$\frac{1}{2}$ egg.

Make a white sauce, cool and add the fish. Separate the yolk and white of the egg and beat both until light. Add the yolk, then cut in the white. Bake in a patty dish for twenty minutes, or until puffed and brown. The patty dish should be placed in a pan of water. Serve immediately.

FISH BALLS.

$\frac{1}{4}$ c. salted cod. $\frac{1}{2}$ c. potatoes. $\frac{1}{2}$ egg.	-	$\frac{1}{2}$ tsp. butter. White pepper. Salt if needed.
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Wash the fish in cold water and break into small pieces; wash and pare the potatoes and cut in pieces. Cook the fish and potatoes together in boiling water until the potatoes are soft, drain and shake over the fire until dry; mash with a fork, add the beaten egg, butter and pepper, add more salt if needed and beat until light. Take up the mixture by spoonfuls, mould slightly, and slip them into deep, hot fat. Fry one minute, or until brown.

LOBSTER CUTLET.

$\frac{1}{3}$ c. lobster. $\frac{1}{8}$ tsp. salt.	}	Mustard. Cayenne.
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Sauce.

$\frac{1}{4}$ c. cream or milk. 1 tbsp. flour.	1 tsp. butter.
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Add the salt, mustard and cayenne to the chopped lobster. Add the sauce and spread the mixture on a plate. When cold shape into cutlets. Bread them in the same way as croquettes. Cook in deep fat until brown. Place a claw in the end of each cutlet.

DEVILLED CRAB.

1 crab. 1 tsp. butter. 1 tbsp. flour.	}	$\frac{1}{8}$ tsp. salt. Cayenne. $\frac{1}{4}$ c. cream. 1 tsp. butter. Salt and pepper. $\frac{1}{3}$ c. crumbs.
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3 drops Worcestershire sauce if desired.

Cook the crab in boiling water for twenty or thirty minutes. Place in cold water for a few minutes. Remove the claws and the apron found on the under shell. Remove the shells,

being careful not to break the upper one. The stomach should be left with the head. Remove the gills and intestines. Break the body in half, and take the meat from the bones. Prepare the sauce, season highly, and add the crab meat. Scrub the shell and fill it with the mixture. Cover with the buttered crumbs and bake about fifteen minutes or until brown, in a hot oven.

STUFFED PEPPER.

1 green pepper.	$\frac{1}{16}$ tsp. salt.
$\frac{1}{2}$ tbsp. butter.	Onion juice.
$\frac{1}{2}$ tbsp. flour.	$\frac{1}{4}$ c. cream or milk.
$\frac{1}{3}$ c. chopped veal or chicken.	

Cut the top from the pepper to form a cover. Remove a thin slice from the bottom so that the pepper will stand. Remove the seeds. Make a sauce, add the meat, and fill the pepper with the mixture. Replace the cover and fasten it with a small wooden skewer. Place it in a baking pan and cover the bottom of the pan with hot water. Bake in a moderate oven one-half hour. Remove the cover before serving.

BROILED OYSTERS IN THE SHELL.

Scrub the shells. Place on a broiler and cook over the coals. The round side of the shell should be next the fire to hold the juice. When they are open remove the upper shell, season with salt and lemon juice, then serve on the shells.

PAN BROILED OYSTERS.

Rinse the oysters, remove pieces of shell, and dry; have a frying pan hot and slightly buttered, cook the oysters in it until the edges curl; season and serve on toast.

SCALLOPED OYSTERS.

4 oysters.	½ tbsp. butter.
⅛ tsp. salt.	½ c. crumbs.
Pepper.	2 tsp. oyster juice.

Add the pepper and salt to the crumbs, melt the butter, and add the crumbs. Wash the oysters by pouring cold water over them in a colander and remove pieces of shell. The juice should be strained through a cloth, and the oysters cut in pieces. Place the oysters in two layers, with crumbs between the layers. Crumbs should cover bottom and top of dish. Add the oyster juice and bake fifteen minutes in a hot oven.

OYSTER FRICASSEE.

½ tbsp. butter.	Cayenne.
¼ tsp. salt.	White pepper.
4 oysters.	

Place all the ingredients, except the oysters, in a covered saucepan. When hot, add the oysters, cover and shake the pan occasionally. When the oysters are plump, drain them and place them where they will keep hot. Add enough cream to the liquid in the pan to make one-quarter cup.

Sauce.

½ tbsp. butter.	¼ tsp. lemon juice.
½ tbsp. flour.	¼ egg.
¼ c. cream and oyster juice.	1 slice of toast.

Cook all the ingredients except the egg and lemon as a sauce. Beat the egg until light and pour the sauce over it gradually. Add the oysters and lemon and heat over hot water; serve on toast or in a patty dish.

STUFFING FOR FISH.

$\frac{1}{4}$ c. bread crumbs.	$\frac{1}{4}$ tsp. chopped parsley.
$\frac{1}{16}$ tsp. salt	
White pepper.	$\frac{1}{4}$ tsp. chopped pickle.
Cayenne.	
$\frac{1}{4}$ tsp. onion juice.	$\frac{1}{2}$ tbsp. melted butter.

Mix in the order given.

Cheese.

WELSH RAREBIT.

3 tbsp. grated cheese.	Cayenne.
1 tbsp. cream or milk.	$\frac{1}{4}$ egg.
	$\frac{1}{2}$ tsp. butter.
$\frac{1}{8}$ tsp. mustard.	1 slice toast.
$\frac{1}{8}$ tsp. salt.	

Put the cheese and milk or cream into a double boiler. Mix the mustard, salt and cayenne. Add the egg and beat well. When the cheese is melted, stir in the mixture of dry ingredients and the egg, then the butter, and cook until it thickens. Stir constantly. Pour it over the toast.

CHEESE STRAWS.

1 tsp. butter.	$\frac{1}{16}$ tsp. salt.
$\frac{1}{6}$ c. flour.	White pepper.
$\frac{1}{4}$ c. fresh bread crumbs.	Cayenne.
$\frac{1}{4}$ c. grated cheese.	1 tbsp. milk.

Cream the butter, add flour, crumbs and grated cheese, then add seasoning, mix thoroughly, then add milk. Roll one-quarter inch thick, cut one-quarter inch wide and six inches long. Bake until brown in a moderately hot oven. Cut a ring from the dough and bake with the straws. The ring should be slipped over the straws to hold them in place in serving.

CHEESE SOUFFLÉ.

$\frac{1}{2}$ tbsp. butter.	$\frac{1}{4}$ c. grated cheese.
$\frac{1}{2}$ tbsp. flour.	$\frac{1}{2}$ egg.
$\frac{1}{4}$ c. milk.	$\frac{1}{8}$ tsp. salt.
	Cayenne.

Make a sauce. Remove to the back of the stove and add the well-beaten yolk and the cheese. Set away to cool. When cold, add the white of the egg beaten to a stiff froth. Turn into a buttered dish and bake from twenty to twenty-five minutes. Serve the moment it comes from the oven.

Salads.

Salads must be served very cold.

FRENCH DRESSING.

$\frac{1}{12}$ tsp. salt	1 tbsp. olive oil.
Pepper.	1 tsp. vinegar.

Place all the ingredients in a small bottle. Shake until thoroughly blended. This dressing may be used with vegetables or for seasoning meat and fish before adding the mayonnaise dressing.

POTATO SALAD.

$\frac{1}{2}$ c. boiled potatoes.	$\frac{1}{2}$ tsp. parsley.
$\frac{1}{8}$ tsp. salt.	

Cut the potato into thin slices or dice. Rub the inside of the salad bowl with a piece of onion. Add the salt to the potato. Place the potato and parsley in alternate layers in the bowl and moisten each layer with French dressing.

BOILED DRESSING.

$\frac{1}{4}$ tsp. salt.	$\frac{1}{4}$ egg.
$\frac{1}{8}$ tsp. mustard.	$\frac{1}{8}$ c. or 2 tbsp. milk
Cayenne.	(heated).
$\frac{1}{2}$ tsp. sugar (may	$\frac{1}{2}$ tsp. butter.
be omitted).	1 tbsp. vinegar
	(heated).

Mix the salt, mustard, cayenne and sugar together until perfectly blended. Add the egg, beaten slightly, and the hot milk gradually, then the vinegar and butter. Cook over hot water until it thickens, stirring constantly. (If

it curdles, place the upper part of the boiler in a pan of cold water and beat the mixture until smooth.) Strain.

COLE SLAW.

1 c. shaved cabbage.	The above quantity of boiled dressing.
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Pour the dressing over the cabbage, and serve cold.

MAYONNAISE DRESSING.

$\frac{1}{4}$ tsp. mustard.	$\frac{1}{2}$ or 1 yolk of egg.
$\frac{1}{4}$ tsp. salt.	$\frac{1}{4}$ c. olive oil.
Cayenne.	$\frac{1}{2}$ tbsp. vinegar.

Mix the mustard, salt and cayenne, and when well blended add the unbeaten egg. Add a few drops of oil and stir steadily. When one-half the oil is used, or the dressing becomes very thick, alternate with a few drops of vinegar. Continue in this way until both are used. If the dressing is very thick a small amount of cream may be beaten in just before serving.

EGG SALAD.

1 hard cooked egg.	3 leaves lettuce.
1 tbsp. mayonnaise.	

Wash and chill the lettuce and arrange it on a plate, pour the mayonnaise over it. Cut the egg into circular slices or press through a strainer and serve on the lettuce.

STUFFED EGG.

1 hard cooked egg.	$\frac{1}{8}$ tsp. mustard.
1 tbsp. chopped chicken.	Cayenne.
$\frac{1}{4}$ tsp. salt.	1 tsp. olive oil or butter.
6 drops of vinegar.	2 or 3 leaves of lettuce.

Remove the shell and cut the egg across the middle. Take out the yolk so that the white will remain whole. Mash the yolk and add the seasonings. When mixed, fill the white with the mixture. Serve on lettuce.

Ham may be used instead of chicken; in this case the salt may be omitted.

The same mixture may be used (the white being chopped finely), between thin slices of bread and butter for egg sandwiches.

VEGETABLE SALAD.

1 tsp. gran. gelatine.		½ c. boiling water.
2 tbsp. cold water.		1 tbsp. sugar.
1 tbsp. lemon juice.		

Prepare as for lemon jelly, when it begins to thicken add one-quarter hard cooked egg cut in slices, three olives sliced thin and one stalk of celery cut fine. Mould in a small cup and when firm serve on lettuce with mayonnaise.

APPLE SALAD.

1 apple (medium size).		½ c. apple and celery, cut in dice.
½ tsp. mayonnaise.		

Remove the inside of the apple with a spoon and cut in dice. Mix with celery and mayonnaise, and fill the shell of the apple. Serve on lettuce.

TOMATO SALAD.

1 tomato.		½ c. tomato and celery, cut in dice.
½ tsp. mayonnaise.		

Prepare in the same way as apple salad.

Fruits.

CRANBERRY JELLY.

$\frac{1}{2}$ c. cranberries. $\frac{1}{6}$ c. water.
2 tbsp. sugar.

Pick over and wash the cranberries; cook them with the water until they burst from their skins, press through a strainer, add the sugar and stir until the sugar is dissolved, stop stirring and boil two minutes, or until it jellies; pour into a mould which has been wet with cold water, and set away to cool.

BAKED APPLE.

Wipe and core a sour apple, place it in an agate baking dish, and fill the centre with sugar and one teaspoonful lemon juice. Pour one-quarter cup water around the apple, bake until soft, from twenty to forty-five minutes, basting every ten minutes, place in a dish and pour the juice over it. When cold, serve with plain or whipped cream.

STEAMED APPLE.

Wipe, core and pare a sour apple; put on a plate in a steamer and cook until the apple is tender. The juice may be strained and made into a syrup, using one teaspoonful sugar to one tablespoonful juice; boil three minutes, add a few drops of lemon juice and strain over the apple.

APPLE SAUCE.

1 apple.		½ tsp. lemon juice,
⅓ c. water.		or nutmeg or cin-
2 tbsp. sugar.		namon.

Wipe, quarter, core and pare the apple; add the water and cook until it begins to grow soft, add the sugar and flavoring, and cook until thoroughly soft, press through a strainer and beat well.

The water and sugar may be made into a syrup, then the pieces of apple cooked gently in this until tender, then removed from the syrup without breaking them and arranged on a saucer.

STEWED PRUNES.

¼ c. prunes.		½ tbsp. sugar.
1 c. water.		¼ tsp. lemon juice.

Wash the prunes and soak them over night in the water. Cook them gently in this water two hours or until they are soft; add the sugar and lemon juice. Cook ten minutes longer, then cool.

GRAPE JAM.

2 c. grapes picked from the stem. 1 c. sugar.

Wash the grapes and press the pulp from the skins. Cook the pulp until the seeds can be easily removed, then strain. Add the skins and sugar to the pulp and cook slowly until thick. Place in a jelly glass, and when cold seal with paraffin, or paper and white of egg.

Ice Cream.

GENERAL RULES.

A pint freezer may be used or the following utensils may be substituted: a half pound baking-powder can, a wooden spoon, a bowl or a small wooden tub to form outside of freezer. The tin can should be soldered to make it water tight.

The ice must be broken into fine pieces and mixed with the rock salt; use three times as much ice as salt for freezing. Pour the mixture which is to be frozen into the can. Surround the can with ice and salt, beat the mixture, and as it freezes scrape from the sides of the can with a wooden spoon; cover and turn can back and forth, scraping from the bottom and sides every five minutes. When it is frozen throughout, beat well, and pack in a smaller can or ice cream mould, if desired. Place a small strip of muslin dipped in melted butter around the outside of the cover, to keep out salt, and pack with ice and salt, covering the can completely. Be careful to drain off all the water if ice melts while the mould is standing in it; the ice cream should stand at least an hour before using. In serving, wash salt from the mould with cold water, wipe, remove cover and slip a knife around the inner edge of the mould, and invert the mould over serving plate.

VANILLA ICE CREAM.

$\frac{1}{2}$ c. cream. 1 tbsp. sugar.
 $\frac{1}{2}$ tsp. vanilla.

Heat the cream and dissolve the sugar in it; when cool, add vanilla and freeze.

CARAMEL ICE CREAM.

$\frac{1}{2}$ c. cream. 2 tsp. sugar.
2 tbsp. caramel.

Heat the cream and dissolve the sugar and caramel in it; when cool, freeze.

COFFEE ICE CREAM.

$\frac{1}{2}$ c. cream 1 $\frac{1}{2}$ tbsp. sugar.
 $\frac{1}{4}$ c. strong coffee.

Heat the cream and dissolve the sugar in it, add the coffee, and when cool, freeze.

CHOCOLATE ICE CREAM.

$\frac{1}{2}$ c. cream. | 1 tbsp. sugar.
 $\frac{1}{4}$ oz. chocolate. | 3 drops vanilla.

Melt the chocolate over hot water, add the sugar and the hot cream gradually; when cool, add vanilla and freeze.

STRAWBERRY ICE CREAM.

$\frac{1}{2}$ c. cream. $\frac{1}{4}$ c. sugar.
 $\frac{1}{2}$ c. strawberries.

Rinse, hull and mash the strawberries, add the sugar, add cream and freeze.

RASPBERRY ICE CREAM.

$\frac{1}{2}$ c. cream. $\frac{1}{4}$ c. sugar.
 $\frac{1}{2}$ c. raspberries.

Strain the raspberries through cheesecloth; add the sugar to the juice, then add cream and freeze.

PEACH ICE CREAM.

$\frac{1}{2}$ c. cream. $\frac{1}{4}$ c. sugar.
 $\frac{1}{3}$ c. peaches.

Mash the peaches, add sugar, add cream and freeze. If canned peaches are used, drain the fruit from the juice, and use less sugar. If peaches lack flavor, add one-half teaspoonful lemon juice.

MILK SHERBET.

$\frac{1}{2}$ c. milk. $\frac{1}{4}$ c. sugar.
1 tbsp. lemon juice.

Dissolve the sugar in the lemon juice, add the milk and freeze.

ORANGE ICE.

$\frac{1}{2}$ c. water.	$\frac{1}{2}$ c. orange juice
$\frac{1}{4}$ c. sugar.	(1 $\frac{1}{2}$ oranges).
Rind of $\frac{1}{4}$ orange.	$\frac{1}{2}$ tbsp. lemon juice.

Boil the water, sugar and rind of one-quarter orange for three minutes. Cool. Cut the top off the whole orange, and with a silver spoon remove the inside. When the syrup is cool, add the juice and strain through cheese-cloth. Freeze, and when ready to serve, fill the orange shell with the ice.

LEMON ICE.

$\frac{1}{2}$ c. water. $\frac{1}{4}$ c. sugar.
3 tbsp. lemon juice.

Boil the water and sugar for three minutes, add lemon juice, strain through cheese-cloth, and when cool, freeze.

GRAPE JUICE FRAPPE.

$\frac{1}{3}$ c. boiling water.	$\frac{1}{4}$ c. grape juice.
1 tbsp. sugar.	1 tsp. lemon juice.

Boil water and sugar for three minutes. Strain, and when cool, add fruit juice and freeze.

Desserts.

RULES FOR CUSTARDS.

The eggs should be thoroughly mixed, but not beaten light, and sugar and salt added to these and the hot milk added slowly. Custards must be cooked over moderate heat; if a custard curdles, put it in a pan of cold water and beat until smooth. Custards should always be strained, and should be served very cold, and in glass dishes or cups when possible.

STEAMED CUSTARD.

$\frac{1}{3}$ c. milk.	Salt.
$\frac{1}{8}$ egg.	1 tsp. caramel or
$\frac{1}{2}$ tbsp. sugar.	nutmeg.

Mix according to the above rule, strain into cups and steam until firm over water which is boiling gently. One-eighth ounce Baker's chocolate may be melted and mixed with the milk for chocolate custards.

SOFT CUSTARD.

1 c. milk.	$1\frac{1}{2}$ tbsp. sugar.
1 egg (yolk)	Salt.
5 drops flavoring.	

Mix according to the above rule and cook in a double boiler, stirring constantly until it thickens, strain, and when cool, flavor. One-half this quantity may be used for class work.

FLOATING ISLAND.

$\frac{1}{2}$ c. milk.	Salt.
1 yolk of egg.	3 drops of vanilla or
$\frac{1}{2}$ tbsp. sugar.	other extract.

Make according to the directions for Soft Custard.

Meringue.

$\frac{1}{4}$ white of egg. | $\frac{1}{2}$ tbsp. powd. sugar.

Add the sugar to the beaten white of egg, and beat until stiff and fine-grained. Drop in spoonfuls on the custard when cold.

CUSTARD PUDDING.

1 tbsp. gran. tapioca	Salt.
or $\frac{1}{8}$ c. pearl tapioca or rice.	$\frac{1}{2}$ egg (white).
$\frac{1}{2}$ c. milk.	3 drops vanilla or other extract.
$\frac{1}{2}$ egg (yolk).	1 tbsp. sugar.

Soak the tapioca in enough hot water to cover it, until it absorbs the water, add the milk, and cook until the tapioca is soft and transparent, add the yolk of egg, sugar and salt, cook three minutes, remove from the fire; add the beaten white and flavoring, and when cold serve. Rice must be cooked until soft. The white of egg may be used as a meringue, and put on the pudding, then browned slightly in the oven.

EGG CREAM.

1 egg.	$\frac{1}{4}$ lemon, juice and
$\frac{1}{8}$ c. sugar.	rind.

Separate the yolk and white of the egg and beat the sugar with the yolk until well mixed. Add the lemon to this, and stir slowly over hot water until the mixture begins to thicken, then add the beaten white and stir until the whole resembles very thick cream. Stir occasionally until cool, then pour into a glass dish.

FRUIT WHIP.

1 white of egg. | $\frac{1}{2}$ c. fruit (cut in
2 tbsp. powd. sugar. | fine pieces).

Beat the white of the egg, add the sugar, and then the fruit; beat until thick and smooth. Chill before serving.

Grated or stewed apple, ripe peaches or strawberries, stewed prunes or canned fruit may be used.

The fruit must be cool when added to the beaten white of egg and sugar.

IRISH MOSS BLANC MANGE.

$\frac{1}{2}$ c. milk. | Salt.
1 tbsp. Irish moss. | Flavoring, if desired.

Wash the moss in several waters and pick it over carefully. Put it into a double boiler with the milk. Cook until it thickens when dropped on a cold plate. Add the salt, strain and flavor. Pour into a custard cup which has been rinsed with cold water.

SCALLOPED APPLE.

$\frac{1}{2}$ tbsp. butter. | $\frac{1}{8}$ tsp. nutmeg.
 $\frac{1}{2}$ c. crumbs. | $\frac{1}{8}$ tsp. cinnamon.
 $\frac{1}{2}$ c. chopped apple. | $\frac{1}{16}$ tsp. grated lem-
1 tbsp. brown sugar. | on rind.
1 tsp. lemon juice.

Melt the butter and add the crumbs. Mix the sugar, spice and lemon rind. Put one-quarter of the crumbs in bottom of a buttered baking-dish, then one-half of the apples. Sprinkle with one-half the sugar and spice; then add more crumbs, the remainder of the apple, the sugar and spice; sprinkle the lemon juice over this and put the rest of the crumbs over the top. Bake until the apples are thoroughly cooked, thirty-to forty-five minutes.

APPLE MERINGUE PUDDING.

$\frac{2}{3}$ c. apple sauce.	$\frac{2}{3}$ tbsp. butter.
1 egg.	Salt.
$\frac{1}{6}$ tsp. nutmeg or cinnamon.	1 tbsp. powd. sugar.
	$\frac{1}{3}$ tsp. almond fla- voring.

While the apples are still hot add the spices, the butter and well-beaten yolk of the egg. Beat until light; put into a buttered baking-dish and cook ten minutes in a hot oven. Then cover with the meringue and brown slightly.

LEMON SNOW.

2 tbsp. sugar.	$\frac{1}{2}$ c. boiling water.
1 tbsp. cornstarch.	1 tbsp. lemon juice.
White 1 egg.	

Mix sugar and cornstarch thoroughly; add boiling water slowly, stirring constantly. Cook one-half hour in a double boiler. Add lemon juice, pour slowly over the beaten white of egg and when thick pour into a mould to harden. Serve with a custard flavored with vanilla.

FRUIT TAPIOCA.

1 tsp. minute tapioca.	1 tbsp. sugar.
$\frac{1}{2}$ c. boiling water.	$\frac{1}{2}$ apple.

Moisten the tapioca with one tablespoonful of cold water and stir into the boiling water; cook twenty minutes, add the sugar and stir until dissolved. Slice the apple and pour the tapioca over it and bake in the oven until the fruit is very soft. Other fruits may be used instead of apples.

CHOCOLATE PUDDING.

$\frac{1}{4}$ c. bread crumbs.	$1\frac{1}{4}$ tbsp. sugar.
$\frac{1}{2}$ c. hot milk.	$\frac{1}{4}$ egg.
$\frac{1}{4}$ oz. chocolate.	Salt.
8 drops vanilla.	

Soak the bread crumbs in half of the hot milk; melt the chocolate over hot water; add the sugar and the rest of the hot milk.. Put this mixture with the bread crumbs, and add the other ingredients. Bake in two custard cups. Serve cold with whipped cream or a meringue.

ORANGE PUFFS.

1 tbsp. butter.	$\frac{1}{2}$ tsp. bak. powder.
$\frac{1}{4}$ c. sugar.	$\frac{1}{2}$ c. flour.
$\frac{1}{2}$ yolk of egg.	$\frac{1}{4}$ tsp. orange rind.
1 tbsp. milk.	1 tbsp. orange juice.
$\frac{1}{2}$ white of egg.	

Mix in order given. Bake in two pans 15 to 20 minutes. Serve warm.

ORANGE SAUCE.

$\frac{1}{2}$ tbsp. flour.	$\frac{1}{2}$ c. orange juice.
$\frac{1}{2}$ c. boiling water.	$\frac{1}{2}$ tsp. orange rind.
3 tbsp. sugar.	$\frac{1}{2}$ tsp. lemon juice.

Mix the flour and sugar, add the boiling water gradually and cook for 10 minutes. Add the other ingredients, heat and serve.

APPLE CAKE.

$\frac{1}{2}$ c. flour.	$\frac{1}{4}$ egg.
1 tsp. baking powder.	$\frac{1}{2}$ tbsp. melted butter.
$\frac{1}{8}$ tsp. salt.	$\frac{1}{2}$ apple.
$\frac{1}{4}$ c. milk.	1 tbsp. sugar.

Sift the dry ingredients thoroughly, beat the egg slightly and add the milk to it, add this to the dry ingredients gradually, then beat well and fold in the melted butter. Cut the fruit into slices, put them in an agate pan and sprinkle with the sugar, pour in the batter, and bake in a hot oven about twenty-five minutes. If canned peaches are used, prepare a sauce with the juice.

STEAMED CHOCOLATE PUDDING.

$\frac{1}{4}$ c. flour.	$\frac{1}{4}$ egg.
$1\frac{1}{2}$ tbsp. sugar.	2 tbsp. milk.
$\frac{1}{2}$ tsp. baking powder.	1 tsp. melted butter.
$\frac{1}{8}$ oz. or 1 tsp. melted chocolate.	

Sift the dry ingredients thoroughly. Mix the milk and egg, add this to the dry ingredients gradually, add the chocolate and beat well, then fold in the melted butter and pour into a buttered mould and cover tightly. Steam one hour.

STEAMED FRUIT PUDDING.

$\frac{1}{4}$ c. flour.	Salt.
$\frac{1}{4}$ tsp. baking powder.	$\frac{1}{2}$ tbsp. suet.
	$\frac{1}{2}$ tbsp. molasses.
$\frac{1}{16}$ tsp. nutmeg.	2 tbsp. milk.
$\frac{1}{16}$ tsp. cinnamon.	$\frac{1}{2}$ tbsp. currants.
$\frac{1}{2}$ tbsp. raisins.	

Sift the dry ingredients thoroughly, add the other ingredients in the order given, pour into a buttered mould, cover tightly and steam one hour and a quarter.

CREAM PUFFS.

$\frac{1}{4}$ c. hot water.	$\frac{1}{2}$ c. flour.
2 tbsp. butter.	1 egg.

Heat the water and butter until the water boils. Add the flour all at once and mix thoroughly. Cook three minutes, and when cool add the egg unbeaten. Beat until thoroughly mixed. Drop by tablespoonful on buttered pans. Bake twenty-five or thirty minutes in a hot oven. When cold, open at the side and fill with cream filling.

CREAM FOR PUFFS.

$\frac{1}{2}$ c. hot milk.	3 tbsp. sugar.
2 tbsp. flour.	$\frac{1}{2}$ tsp. butter.
$\frac{1}{2}$ egg.	5 drops vanilla.

Moisten the flour with a little cold milk and add this to the hot milk. Cook in a double boiler fifteen minutes. Beat the egg and sugar together. Pour the thickened milk over the egg, add the butter and cook until the egg thickens. Flavor when cool.

LEMON SAUCE.

$\frac{1}{2}$ c. boiling water.	1 tsp. lemon juice.
2 tbsp. sugar.	$\frac{1}{4}$ tsp. lemon rind.
1 tsp. flour.	$\frac{1}{2}$ tsp. butter.

Pour the boiling water slowly over the sugar and flour which have been thoroughly mixed. Cook for ten minutes. Then add the butter and lemon and serve.

FOAMY SAUCE.

1 tsp. butter.	2 tbsp. boiling water.
1 tbsp. sugar.	$\frac{1}{4}$ white of egg.
$\frac{1}{4}$ yolk of egg.	5 drops flavoring.

Cream the butter, add the sugar and yolk of egg, then the boiling water; add the beaten white and flavoring, beat until foamy and serve.

HARD SAUCE.

1 tsp. butter.	3 drops flavoring, or
1 tbsp. powd. sugar.	Grated nutmeg.

Cream the butter, add the sugar gradually, beating until it is light and creamy, add flavoring and beat again, pile lightly and put near the ice until cold and hard. If nutmeg is used grate it over the top before serving.

Dishes Prepared with Gelatine.

GENERAL RULES.

Soak gelatine in cold water until it is softened—granulated gelatine softens in three minutes, shredded gelatine in about one-half hour, and should be covered while soaking. When softened, boiling water will dissolve it.

If gelatine must be softened quickly, pour cold water over the gelatine, and heat over boiling water until it is dissolved.

A wet cloth should be used for straining jellies.

If jellies are to be moulded, the moulds should be wet with cold water.

Jellies should be placed near the ice to harden, or may be hardened quickly by surrounding with ice water.

One teaspoonful granulated gelatine equals two tablespoonfuls Nelson's gelatine.

LEMON JELLY.

1 tsp. gran. gelatine.	½ c. boiling water.
2 tbsp. cold water.	2 tbsp. sugar.
1 tbsp. lemon juice.	

Soak the gelatine in cold water, add the boiling water, sugar and juice, stir until the sugar is dissolved, strain.

ORANGE JELLY.

1 tsp. gran. gelatine.	3 tbsp. sugar.
2 tbsp. cold water.	¼ c. orange juice.
¼ c. boiling water.	2 tsp. lemon juice.

Soak the gelatine in the cold water, add the boiling water, sugar and juice, stir until the sugar is dissolved, strain. One-quarter cup of any other fruit juice may be used.

COFFEE JELLY.

1 tsp. gran. gelatine.		$\frac{1}{4}$ c. coffee.
2 tbsp. cold water.		$\frac{1}{4}$ c. boiling water.
2 tbsp. sugar.		

Soak the gelatine in the cold water, add the boiling liquid and sugar, stir until the sugar is dissolved, strain. Serve with cream.

WINE JELLY.

1 tsp. gran. gelatine.		2 tbsp. sugar.
2 tbsp. cold water.		$\frac{1}{2}$ tbsp. lemon juice.
$\frac{1}{2}$ c. boiling water.		2 tbsp. wine.

Soak the gelatine in the cold water, add the boiling water, sugar and lemon juice, stir until the sugar is dissolved. When slightly cooled add the wine and strain.

CHOCOLATE CREAM.

1 tsp. gran. gelatine.		2 tbsp. sugar.
2 tbsp. cold water.		$\frac{3}{4}$ c. cream.
$\frac{1}{8}$ oz. chocolate.		5 drops vanilla.

Soak the gelatine in the cold water, melt the chocolate over boiling water, add the sugar and then the hot cream gradually. Pour this hot mixture over the gelatine, add the vanilla and pour into a mould. Serve with plain or whipped cream.

COFFEE CREAM.

1 tsp. gran. gelatine.		2 tbsp. sugar.
2 tbsp. cold water.		$\frac{1}{2}$ c. cream, or
$\frac{1}{8}$ c. strong filtered coffee.		$\frac{1}{4}$ c. rich milk.

Soak the gelatine in cold water until soft, then add the hot coffee and the sugar. When the gelatine is dissolved strain the mixture, add the cream, then pour into a glass dish. If cream is whipped it can be made like Charlotte Russe.

BLANC MANGE.

1 tsp. gran. gelatine.	Salt.
2 tbsp. cold water.	2 tbsp. sugar.
$\frac{3}{4}$ c. milk or cream.	$\frac{1}{2}$ tbsp. brandy.
$\frac{1}{2}$ in. stick cinna- mon.	1 tbsp. sherry.
1 whole clove.	$\frac{1}{4}$ tsp. vanilla ex- tract.
$\frac{1}{4}$ tsp. lemon extract.	

Soak the gelatine in the cold water. Heat the milk with the cinnamon, clove and salt. Add the hot milk to the softened gelatine, then the sugar. When partially cooled, add the remaining ingredients and strain into glasses.

SNOW PUDDING.

1 tsp. gelatine.	$\frac{1}{4}$ c. sugar.
2 tbsp. cold water.	1 tbsp. lemon juice.
$\frac{1}{4}$ c. boiling water.	1 white of egg.

Prepare as for lemon jelly; beat the white of the egg until light, and when the jelly begins to thicken, add the white to it. Beat until smooth, nearly hard, then pour into three custard cups.

Serve with Soft Custard (p. 48).

CHARLOTTE RUSSE.

$1\frac{1}{2}$ tsp. gelatine.	$\frac{1}{2}$ tsp. vanilla, or
3 tbsp. cold water.	1 tbsp. sherry.
$\frac{1}{4}$ c. scalded cream.	$\frac{3}{4}$ c. cream (whip- ped).
$\frac{1}{6}$ c. powd. sugar.	
6 lady fingers.	

Soak the gelatine in cold water until soft; add the hot cream and sugar.

Place the bowl in ice water and stir constantly. When the mixture forms a thick syrup add flavoring and pour slowly on the whipped cream. The utensil holding the whipped cream must be surrounded by ice water. Trim the sides and ends of the lady fingers and place them one-half inch apart around the sides of the mould, the crust side next to the mould, and fill with the mixture. When thoroughly chilled, turn out on a glass dish.

Pastry.

$\frac{1}{3}$ c. pastry flour.	$1\frac{1}{3}$ tbsp. butter or
$\frac{1}{16}$ tsp. salt.	other fat.
$\frac{1}{8}$ tsp. baking powd.	

Ice water to make a stiff dough.

Sift the salt and baking powder with the flour. Add the fat and cut it in with a knife. It should not be cut very fine if a flaky crust is desired. Add the water slowly and mix with a knife. Do not touch with the hands. Roll in one direction only, and on one side, using but little flour. Roll the dough thin and bake until brown.

LEMON PIE.

1 tbsp. flour.	$\frac{1}{4}$ yolk of egg.
$\frac{1}{4}$ c. sugar.	$\frac{1}{2}$ tsp. butter.
$\frac{1}{2}$ c. boiling water.	$\frac{1}{4}$ white of egg.
1 tsp. lemon juice.	$\frac{1}{2}$ tbsp. powdered
$\frac{1}{8}$ tsp. lemon rind.	sugar.

Mix the flour and sugar together. Add the boiling water slowly, and cook twenty minutes, stirring frequently. Add the mixture to the beaten yolk, add butter and lemon and cook until the egg thickens. When mixture is cool, place it in a baked crust, cover with the meringue and bake until light brown.

APPLE PIE.

$\frac{1}{2}$ c. tart apple	Lemon juice, or
(sliced).	$\frac{1}{16}$ tsp. cinnamon or
1 tbsp. sugar.	nutmeg.
1 tbsp. water.	$\frac{1}{2}$ tsp. butter.

Fill a custard cup with layers of apple, sugar, flavoring and small bits of

butter, moisten the edge of the bowl and cover with a thin crust. The crust should be cut in several places. Bake until the apples are soft and the crust is brown.

Apple sauce may be used on a baked crust.

Bread and Cake.

BREAD.

$\frac{1}{4}$ c. hot milk.	$\frac{1}{2}$ cake compressed
$\frac{1}{4}$ tsp. salt.	yeast.
$\frac{1}{4}$ tsp. sugar.	$\frac{1}{8}$ c. water.
1 tsp. lard or butter.	Flour (about 1 c.).

Put the water or milk, salt, sugar and fat into a bowl. When lukewarm, add the yeast, then the flour gradually. When stiff enough to handle, turn the dough out on a floured board and knead until smooth and elastic. Put it back into the bowl, moisten, cover and let it rise in a warm place until double its bulk, then make into a small loaf, or shape into biscuit. Place in the pan in which it is to be baked. Cover and again allow it to double in bulk, then bake. The large amount of yeast allows the bread to be made and baked in three hours.

PARKER HOUSE ROLLS.

$\frac{1}{2}$ c. hot milk.	$\frac{3}{4}$ c. flour for the
$\frac{1}{2}$ tbsp. butter.	sponge.
$\frac{1}{2}$ tbsp. sugar.	Flour to make a
$\frac{1}{4}$ tsp. salt.	dough.
$\frac{3}{4}$ yeast cake.	

Prepare the same as for plain bread, adding the three-fourths cup of flour after the yeast and then beating it with a wooden spoon. Let it rise until light and porous. Add sufficient flour to make a dough and knead until smooth. Let it rise again to double its bulk. Knead and roll one-half inch thick. Lift it from the board and let it shrink. Cut with a round or oval

cutter. Place a small piece of butter near the edge of each roll and spread it over one-half the surface of the roll, then fold so that the edges are even. Press each roll to prevent its opening as it rises. When light bake in a hot oven 15 to 20 minutes. This dough may be used for sticks or soup biscuits.

BUNS.

2 tbsp. sugar.	$\frac{1}{2}$ yeast cake.
$\frac{1}{3}$ c. hot milk.	$\frac{2}{3}$ c. flour for the
$\frac{1}{4}$ tsp. salt.	sponge.
$\frac{1}{3}$ egg.	

Flour to make a dough.

Make a sponge with the above ingredients. Beat it. Let it rise until light, add flour to make a dough, knead it and let it rise again to double its bulk, then add one tablespoonful butter (softened), one-eighth teaspoonful cinnamon or nutmeg and one-sixth cup currants. Let it rise again. Shape into small round cakes and place in muffin pans to rise. When light, bake in a moderate oven. When they have baked for fifteen minutes glaze them with a mixture of milk and sugar (one teaspoonful sugar, one tablespoonful milk) and repeat every five minutes until they are done. Bake about forty minutes.

CROUTONS.

Cut pieces of stale bread into one-half-inch cubes, and brown in a hot oven, stirring frequently.

SIPPETS.

Cut bread into thin slices, and then into strips five inches long and one and one-half inches wide, and toast them.

CANAPÉS.

Cut bread into pieces two inches thick, cut either round or three and one-half inches long by two and one-half inches wide. Remove part of the bread from centre, spread lightly with softened butter and brown in the oven.

SOUP STICKS.

Cut stale bread in one-third inch slices, remove crusts, butter, and cut in one-third inch strips. Brown in the oven.

ZWIEBACK.

Cut baker's or other light bread into one inch slices, and brown in a moderate oven.

TOAST.

Cut a slice of stale bread one-quarter inch thick, put it on a toaster or fork, move it gently over the heat until dry, then allow it to become a light brown by placing it nearer the heat, and turning constantly. It may be first dried in the oven.

WATER TOAST.

$\frac{1}{2}$ c. boiling water	1 slice toast.
$\frac{1}{8}$ tsp. salt.	$\frac{1}{2}$ tsp. butter.

Add salt to the boiling water in a saucer. With two forks place the slice of toast in the water, turn it over and remove to the serving plate, spread with the butter, and serve while hot.

MILK TOAST.

$\frac{1}{3}$ c. hot milk.	1 slice toast.
$\frac{1}{8}$ tsp. salt.	$\frac{1}{2}$ tsp. butter.

Dissolve the salt in the hot milk and pour it over the slice of toast. Spread the butter evenly over the toast and serve immediately.

CREAM TOAST.

$\frac{1}{2}$ tbsp. butter.	$\frac{1}{8}$ tsp. salt.
$\frac{1}{2}$ tbsp. flour.	$\frac{1}{2}$ c. milk or cream.
2 slices of toast.	

Heat the butter. When it bubbles add the flour and salt. Add the hot milk, a little at a time, stirring each time until the mixture is perfectly smooth. Pour this sauce over slices of dry or moist toast. Moist toast is prepared by quickly dipping dry toast into hot salted water.

FRENCH TOAST.

$\frac{1}{2}$ egg.	2 slices of stale bread.
Salt.	$\frac{3}{4}$ tsp. butter.
$\frac{1}{4}$ c. milk.	

Beat the egg slightly, add salt and milk, dip the bread in the mixture. Have a griddle hot and buttered with one-half teaspoonful of the butter, brown the bread on one side, place one-fourth teaspoonful of butter on top of each slice, turn and brown on the other side. Serve hot with a mixture of one-eighth teaspoonful cinnamon and one tablespoonful powdered sugar or a sauce.

CRISP CRACKERS.

Split and butter thick crackers, and brown in a hot oven.

WHITE FLOUR WAFERS.

$\frac{1}{2}$ c. flour.	Milk to make a very
$\frac{1}{4}$ tsp. salt.	stiff dough.
$\frac{1}{4}$ tbsp. butter.	

Sift the flour and salt together, chop in the butter and add enough milk to make a very stiff dough; chop thoroughly, then knead until smooth; make

into small balls and roll each one into a thin wafer. Bake in a hot oven until they puff and are brown.

GLUTEN WAFERS.

$\frac{1}{8}$ c. cream.	Gluten flour (about
$\frac{1}{8}$ tsp. salt.	

Add the salt to the cream, and then enough flour to make a very stiff dough. Knead until smooth, then roll until it is so thin you can see the grain of the board through it. Mark with a grater, or prick with a fork. Cut in desired shape and bake in a hot oven until the wafers are a light brown.

BUTTER BALLS.

Thirty-two balls of one-half ounce each may be made from one pound butter. Put the pieces in ice water for a few minutes. Scald paddles, then chill in ice water, and roll each piece of butter between paddles until round. If the butter sticks to the paddles, rub them with salt, scald again and chill. Keep butter balls in a cold place.

Mixtures with Baking Powder.

Pastry flour should be used, if possible. Sift flour before it is measured; then mix and sift dry ingredients.

The eggs are beaten whole and the milk added to them, then added to the dry ingredients. When fat is used it is usually melted and added last, but may be worked into the flour with the tips of the fingers, or cut in with a knife.

The pans or muffin rings should be greased before the mixture is prepared. Iron gem-pans must be heated.

The oven must be ready for baking before mixtures are prepared; they must be put into the oven as soon as prepared and baked from twelve to thirty minutes. In a coal range bake them first on the floor of the oven and raise them to the shelf to brown; in a gas range bake them on a shelf in the centre of the oven.

BISCUITS.

$\frac{1}{2}$ c. flour.	$\frac{1}{4}$ tsp. salt.
$\frac{2}{3}$ tsp. baking powder.	$\frac{1}{2}$ tbsp. fat.
	$\frac{1}{4}$ c. milk.

Mix according to the rule, working the fat into the flour. Toss on a slightly floured board and roll them out gently with a rolling-pin and cut into small biscuit. The top may be moistened with a little milk. Bake 12 to 15 minutes.

Whole wheat flour may be used for biscuit.

MUFFINS.

2½ tbsp. flour.	1/16 tsp. salt.
½ tsp. sugar.	¼ egg.
¼ tsp. baking powder.	1 tbsp. milk.
	½ tbsp. butter.

Mix according to the rule and bake.

CORN MUFFINS.

2 tbsp. flour.	1/16 tsp. salt.
1½ tbsp. corn meal.	¼ egg.
½ tsp. baking powder.	2 tbsp. milk.
	1 tsp. butter.
½ tsp. sugar.	

Mix according to the rule and bake.

WHOLE WHEAT MUFFINS.

¼ c. whole wheat flour.	1/16 tsp. salt.
1 tbsp. flour.	½ tsp. sugar.
½ tsp. baking powder.	¼ egg.
	1/8 c. milk.
	1 tsp. butter.

Mix according to the rule and bake.

STEAMED BROWN BREAD.

¼ c. rye meal.	1/16 tsp. salt.
2 tbsp. corn meal.	1 tbsp. molasses.
3/16 tsp soda.	¼ c. sour milk.

Steam this mixture in a buttered mould for two hours.

GRIDDLE CAKES.

In making griddle cakes or waffles the griddle or waffle-iron must be hot and thoroughly greased. Butter, but-terine, or salt pork may be used for this purpose.

Pastry flour is best for these mix-tures, but if bread flour is used the amount should be decreased.

They should be baked as soon as mixed.

PLAIN GRIDDLE-CAKES.

$\frac{1}{4}$ c. flour.	1 tsp. butter.
$\frac{1}{16}$ tsp. salt.	$\frac{1}{3}$ egg.
$\frac{1}{4}$ tsp. baking powd.	$\frac{1}{6}$ c. milk.

Mix and sift the dry ingredients, add the milk and beaten egg gradually, melt the butter and add it last.

BREAD GRIDDLE-CAKES.

$\frac{3}{8}$ c. fine bread crumbs.	$\frac{1}{2}$ egg.
$\frac{1}{2}$ c. hot milk.	$\frac{1}{4}$ c. flour.
$\frac{1}{2}$ tbsp. butter.	$\frac{1}{8}$ tsp. salt.
	$\frac{1}{2}$ tsp. baking powd.

Mix in the order given. Any cooked cereal may be used instead of bread crumbs, using three-eighths cup of milk.

CORN MEAL GRIDDLE-CAKES.

$\frac{1}{8}$ c. corn meal.	$\frac{1}{2}$ tsp. baking powder.
$\frac{1}{2}$ c. hot milk.	
$\frac{1}{8}$ c. flour.	$\frac{1}{2}$ tbsp. sugar.
$\frac{1}{8}$ tsp. salt.	$\frac{1}{4}$ egg.

Pour the hot milk over the meal, stir thoroughly and cook two minutes. Sift the remaining dry ingredients; when the meal has cooled, mix all together and add the well-beaten egg; bake at once.

WAFFLES.

$\frac{2}{3}$ c. flour.	$\frac{1}{8}$ tsp. salt.
$\frac{2}{3}$ tsp. baking powder.	2 tsp. butter.
	1 egg.
$\frac{3}{8}$ c. milk.	

Mix and sift the dry ingredients, cut in the butter, separate the eggs and add the milk to the yolk. Add this mixture to the dry ingredients and fold in the beaten white of egg. If the batter is too stiff more milk may be used.

Cakes.

GENERAL RULES.

Cream the butter, add the sugar gradually. The yolks and whites of the eggs should be beaten separately, and the yolks added to the butter and sugar. The bowl in which they were beaten should be rinsed with the milk. The milk and flour are added alternately, then the flavoring, and the whites of the eggs. When fruit or nuts are used save a little flour to cover them and add just before the whites of the eggs.

Bake cake from twenty to forty minutes, or until it shrinks from the sides of the pan. When taken from oven allow it to remain in the pan about three minutes.

Powdered or fine granulated sugar may be used.

Lard or other fat may be used in gingerbread.

PLAIN CAKE.

1 tbsp. butter.	½ tsp. baking pow-
¼ c. sugar.	der.
½ egg.	⅔ c. flour.
2 tbsp. milk.	
⅛ tsp. nutmeg or	5 drops flav. extract.

Mix according to the general rule. One-half ounce of melted chocolate may be added after the yolk of egg; or one tablespoonful of either currants, raisins, chopped citron or chopped nuts may be mixed with one teaspoonful of the flour and added before the white of egg.

CREAM ALMOND CAKE.

2 tbsp. butter.	1/2 tsp. baking powder.
1/4 c. sugar.	1/8 c. milk.
1/2 c. flour.	White 1 egg.
5 drops almond flavoring.	

Mix according to the general rule.

SUGAR COOKIES.

1/2 tbsp. butter.	1/8 tsp. baking powder.
1 tbsp. sugar.	Flavoring.
1 tsp. milk.	
1/8 egg.	

Flour to make a stiff dough.

Roll thin and cut out. Bake about ten minutes. The cookies may be flavored with vanilla, lemon or cinnamon. This makes eight cookies.

GINGERBREAD.

1/2 tbsp. butter.	1/2 tsp. ginger.
1 tbsp. sugar.	1/4 tsp. cinnamon.
1/4 egg.	Salt.
1 tbsp. molasses.	1/8 tsp. soda, or
1 tbsp. milk (sour if possible).	1/4 tsp. baking powder.
1/4 c. flour.	

Mix in the order given, sifting the dry ingredients together before adding them. Bake 20 to 30 minutes in a moderate oven.

If sour milk is used, use the soda; if sweet milk, the baking-powder.

SPONGE CAKE.

Yolk 1 egg.	1/4 tsp. lemon rind.
1/8 c. sugar.	White of 1 egg.
1/2 tsp. lemon juice.	1/8 c. flour.
Salt.	

Beat yolk until thick and lemon-colored, add sugar gradually and continue beating. Add lemon juice, rind and white of egg beaten until stiff and dry. When one-half of white is mixed with

yolk, carefully cut and fold in flour, mixed and sifted with salt, and add remainder of whites. Bake in an un-buttered pan, in a slow oven, for thirty minutes.

STRAWBERRY SHORTCAKE.

$\frac{1}{2}$ egg yolk.	$\frac{1}{3}$ tsp. baking powder.
$\frac{1}{8}$ c. sugar.	$\frac{1}{2}$ white of egg.
$\frac{1}{8}$ tsp lemon juice.	10 large strawberries.
1 tbsp. water.	
$\frac{1}{3}$ c. pastry flour.	

Beat yolk, add the sugar, lemon juice and water, then the flour, sifted with the baking powder, and lastly the white of the egg. Bake in shallow pan. When cool, split and fill with seven strawberries, which have been slightly crushed. Make a meringue, by beating the white of one-half egg stiff, and add gradually one-half tablespoonful powdered sugar. Place on top of cake and garnish with remainder of the strawberries.

CHOCOLATE CAKES.

$\frac{1}{2}$ white of egg.	$\frac{1}{2}$ oz. grated chocolate.
$\frac{1}{4}$ c. powd. sugar.	$\frac{1}{4}$ c. baker's bread, crumbled.
$\frac{1}{4}$ tsp. cinnamon.	
$\frac{1}{4}$ tsp. vanilla.	

Beat the white to a stiff froth, add sugar gradually, and continue beating. Mix grated chocolate, cinnamon and bread crumbs together, add this mixture gradually to egg and sugar, add vanilla, and beat well. Drop from teaspoon on buttered paper, about three inches apart, as they will spread. Bake in a moderate oven twenty minutes, first ten minutes on floor, and last ten minutes on rack. This makes twelve cakes.

PEANUT COOKIES.

1 tbsp. butter.	2 tbsp. flour.
1 tbsp. sugar.	$\frac{1}{2}$ tbsp. milk.
$\frac{1}{4}$ egg.	$\frac{1}{8}$ c. finely chopped
$\frac{1}{4}$ tsp. baking pow- der.	peanuts.
Salt.	4 drops lemon juice.

Cream the butter, add sugar, and egg well-beaten. Mix and sift dry ingredients; add to first mixture; then add milk, peanuts and lemon juice. Drop from a teaspoon on an unbuttered sheet one inch apart, and place one-half peanut on top of each. Bake twelve to fifteen minutes in a slow oven. This makes eight cookies.

ROLLED ALMOND WAFERS.

$\frac{1}{2}$ tbsp. butter.	1 tbsp. milk.
1 tbsp. powd. sugar.	$1\frac{1}{4}$ tbsp. bread flour.
5 drops vanilla.	

Cream the butter, add sugar gradually, then milk little by little. Add the flour and flavoring. Spread the mixture very thinly on a buttered baking sheet. Sprinkle well with chopped almonds. Mark in three-inch squares and bake slowly until light brown. Draw the sheet to the door of the oven, separate the squares, turn them upside down and roll them quickly.

MACAROONS.

$\frac{1}{2}$ white of egg.	$\frac{3}{8}$ c. almond powder.
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Mix the almond powder gradually with the unbeaten white of the egg. The mixture should be quite stiff, and if not thick more powder must be added. When thoroughly blended drop by the half teaspoonful on paper placed on a baking sheet. Do not butter the

paper. Bake in a very slow oven until a delicate brown. Remove from the oven and turn the paper upside down. Moisten the under side and remove the macaroons.

JUMBLES.

2 tbsp. butter.	$\frac{1}{4}$ c. flour.
2 tbsp. sugar.	$\frac{1}{16}$ tsp. nutmeg.
	$\frac{1}{4}$ egg.

Mix as for cake. Place small pieces of dough on a baking-sheet and flatten into little cakes with the bottom of a tin cup. Bake until light brown around the edges.

This makes nine jumbles.

FROSTINGS.

WATER FROSTING.

$\frac{1}{4}$ c. powd. sugar.	$\frac{3}{4}$ tsp. lemon juice, or
$\frac{1}{2}$ tbsp. or more of	$\frac{1}{2}$ tsp. cocoa or 3
boiling water or	drops flavoring ex-
hot milk.	tract.

Add the water and flavoring to the sugar and stir until smooth. Add more water or milk to make it smooth when placed on the cake. Melted chocolate and vanilla may be used instead of lemon.

EGG FROSTING.

$\frac{1}{4}$ white of egg.	$\frac{1}{4}$ c. powdered sugar.
$\frac{3}{4}$ tsp. lemon juice.	

Put the slightly beaten egg in a small bowl. Add the sugar gradually, beating constantly with a spoon. Add the lemon juice and beat again.

For chocolate frosting omit the lemon juice and add one-eighth ounce of melted chocolate and five drops of vanilla.

Candy.

PEANUT CANDY.

$\frac{1}{3}$ c. sugar. $\frac{1}{4}$ c. peanuts (chopped).

Heat the sugar in a small frying pan. When melted add the peanuts, mixing them thoroughly. Spread on a tin or iron sheet and press into shape with a knife. Cut into bars.

One cup of peanuts equals one-quarter cup shelled peanuts.

FONDANT.

1 c. sugar. $\frac{1}{3}$ c. water.
 $\frac{1}{10}$ tsp. cream of tartar.

Cook all together until it threads, then pour on a plate and beat with a fork until creamy, add five drops of flavoring just before beating.

GLACÉ.

$\frac{1}{4}$ c. sugar. | 1 tbsp. vinegar.
 $\frac{1}{8}$ c. water. | 6 walnuts.
6 almonds.

Boil the water and sugar together until it threads, then add the vinegar. Boil until brittle when dropped in ice water. Continue to cook until it changes color, then place it over hot water. Drop the blanched nuts in two or three at a time, remove them with a fork and place on a buttered plate. Do not stir the glacé. Warm the nuts before dipping.

PEPPERMINTS.

$\frac{1}{4}$ c. sugar. 1 tbsp. cold water.
2 drops oil of peppermint.

Cook the sugar and water until it threads. Pour it into a bowl and add the flavoring. Beat until it begins to thicken and look cloudy. Then drop with a teaspoon on paraffin paper.

COCOANUT BAR.

$\frac{1}{2}$ c. sugar.	$\frac{1}{16}$ tsp. cream of tar-
$\frac{1}{8}$ c. water.	
	tar.
$\frac{1}{2}$ oz. cocoanut.	

Stir the sugar, water and cream of tartar together until the sugar is dissolved. As soon as bubbles are seen, cook without stirring until it threads. Remove immediately from the range. Cool (but not in a very cold place), then beat until it begins to thicken, then add the cocoanut. Spread on buttered pan and cool.

CANDIED ORANGE PEEL.

Peel of $\frac{1}{2}$ orange.	$\frac{1}{4}$ c. sugar.
Water.	

Wipe the orange and remove the peel in quarters. Cut it in narrow strips and cook in water until tender. Heat the sugar with one-fourth of a cup of the water in which the peel was cooked. When dissolved add the orange. Cook slowly until the syrup is nearly evaporated; drain and roll the strips in granulated sugar.

TOFFEE.

$\frac{3}{4}$ c. brown sugar.	2 tbsp. butter.
1 tbsp. vinegar.	

Cook until it will harden when dropped in ice water, then pour on a buttered pan to cool.

SALTED ALMONDS.

$\frac{1}{8}$ c. blanched almonds. $\frac{1}{4}$ tsp. butter.

Cut the butter in small pieces. Place the almonds in a shallow pan and put the butter over them. Bake until the nuts are light brown and the butter is absorbed. When removed from the oven sprinkle with salt and cool on brown paper.

CARAMEL.

1 c. granulated sugar. 1 c. boiling water.

Melt one cup of granulated sugar. Stir over the fire until it becomes a deep dark brown in color. Add the boiling water slowly and cook until the hardened sugar is dissolved. Bottle and keep tightly corked. Use to color and flavor custards.

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Soup Stew.

- 1 real shankbone (with bones cracked)
- 2 lbs. (5 or 10 p/ of boiling beef, lean.

Cut the meat up fine and put in a pot with a scrap of celery & onion and Parsley, all finely minced. Add 2 cloves, a bay leaf and the whites of 4 eggs, also the shells, salt, pepper & butter. Cover with water and boil, stirring occasionally. When the bottom becomes covered with a jelly like substance, add 4 qts. of cold water and let simmer 3 or 4 hours. When nearly cooked, throw in salt & make scum rise to top. Remove all scum, and strain. When done through wet flannel. When cool remove all grease. Keeps in a jar or crock in a cool place. Slice off as needed, adding water and vegetables as desired.

Hot Chocolate.

1/2 oz. of bitter chocolate.

3 cups of milk.

1 cup of water

a pinch of salt

1 tablespoonful vanilla.

Sweeten to taste.

Melt chocolate and mix it with sugar. When milk and water come to a boil, put chocolate in. Let it boil hard a few minutes over flame, then put it in double boiler, boil for ten minutes. Then take off and beat with Dover egg-beater.

Orange & Celery Salad.

Equal parts, let stand in French dressing made with lemon juice.

Orange Pudding.

Dissolve $\frac{1}{2}$ cup of gelatine in half cup of cold water. Fill up with boiling water after dissolved. Add a cup of sugar and a cup of orange juice, a pinch of salt. Add beaten whites of 3 eggs and 2 cups of whipped cream. Stir frequently as it cools and serve cold.

Maple Bique

1 cup of maple syrup and heat to boiling add beaten yolks of 4 eggs. Then set off to cool. When cool add the beaten whites of 4 eggs and one quart of cream, whipped stiff. Put into can and freeze.

Mint Gelatine

2 tablespoons gelatine.

1 cup of boiling water.

1 cup of sugar

Juice of 2 lemons.

1 bunch of mint steeped in the boiling water. Mould. For dessert or to serve with lamb.

Beef Omelet.

Equal parts of well beaten eggs and chopped cold beef cooked, with constant stirring, in a frying pan in which a tablespoonful of olive oil is first heated.

Apple & Nut Salad.

Pecans - 1 cup.

Apples - 1 cup.

Hickory nuts, or almonds - 1 cup.

Oleum - 1 cup.

Dressing - Yolks 3 eggs, well beaten.

3 tablespoons granulated sugar.

1 teaspoon salt.

$\frac{1}{2}$ teaspoon pepper.

$\frac{1}{2}$ teaspoon mustard.

8 tablespoons vinegar or lemon juice.

Cook until rather thick. When off fire add 1 heaping teaspoon butter. Stir with whipped cream.

Or use French dressing.

Fruit Salad

Sliced Pineapple.

Shredded oranges.

Cubed bananas.

Cherries.

Draw the juice from pineapple and oranges, press in double boiler with juice from cherries. Add 1 Tablespoon of butter; 2 Tablespoon of arrow root, and boil.

In serving place bananas, oranges and pineapple on lettuce leaf, and pour the same made from the juices, then a spoon of whipped cream on this, a whole slice of pineapple & are the pineapple a cherry. Serve at once or the dressing will extract the juice from the fruits.

Queese Souffle

Thickened White sauce is made of

{	2 tablespoons butter	{	Cook together
	2 " flour		to thicken sauce
	1 cup milk		add

4 Tablespoons grated cheese.

Pinch of salt.

Take mixture from fire and stir in yelks of 4 eggs (beaten). Then add beaten whites of 4 eggs and turn into baking dish.

Bake in moderately hot oven.

Serve at once.







D.M

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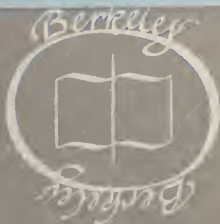
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